No Self

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Chapter 1: No Self

This book will explain one serious thing that I call 'No Self'. This thing is crucial to learn if you want to help other people and give back. Today, people are consumed only with themselves and what is happening. It has become one of the most dangerous things for personal development and professional life. When people are so focused on 'The Self,' they will never make a difference in others or make any real contribution to people. 'The Self' is ruining people's contributions to others, and it is 'The Self' that is causing people to have many problems in their lives.

People cannot understand why they are the cause of their problems, and that's why they are unable to achieve what they want in their life. Shockingly, some people cannot find a way to get out of this **Selfish Nature**. People don't write this in their books because they want things to be normal and easy without dealing with real problems or suffering. I have always said that without dealing with 'The Self' and what you have experienced in life, you cannot help other people with what they have experienced.

Learning to deal with yourself is how you help other people and give back. So many people confuse assisting other people for how much money you earn, getting a house, or buying a car. But the main thing is that it is not

about *material possessions* or *material things*. But why is it that people continue to CHASE AFTER THESE THINGS? I don't have the answer to that, but I have an answer to how to overcome 'The Self' and make a difference in others.

THIS IS THE ANSWER TO OVERCOME THE SELF:

Helping people, giving back, making a difference, and contributing and impacting other people.

People will ask "how can helping other people help me deal with myself or the self"? It does because you become SELFLESS when you help other people and give back.

Selflessness has been the key ingredient to helping many people. Without selflessness, you will live a life based on just your **family, friendship, relationships, houses, cars, money, and what you get out of it.**

'No Self' is the most genuine thing you will ever discover in life. 'No Self' has a hidden meaning that many people never discover in their lives because they never made a difference in others.

When you get to the point in your life where there is 'No Self', 'No Selfish Desires', and 'No Selfish Ambitions', and when you don't want money or materialistic stuff, you realise how vital the 'No Self' can be.

There is one way to achieve 'No Self' and maybe the only way to have the most significant impact and difference on others.

There is a secret I must share now in this book to help as many people as I can to contribute and help others:

YOU MUST BECOME COMPLETELY SELFLESS!

'No Self' means you become selfless and know who you are as a person and individual. You are not following the same patterns as other people who don't serve others or contribute. You discover your ***LIFE PURPOSE AND LIFE MISSION*** in helping other people.

Once you become selfless, help other people, make a difference, impact others, and contribute somehow, the '**No Self' becomes true**.

People don't write this in their books or even share it because they don't understand the 'No Self'. As I am writing this book, many people right now will never understand it.

'No Self' means you know yourself ultimately and help other people in whatever they are going through.

When you discover 'No Self & Helping Other People,' **true fulfilment** will come into your life because you made a difference in others.

Helping other people is about making a difference and contributing to others because people need help and support.

I am now going to write what 'No Self' can provide for you if you're able to achieve it in your life and make a difference in people's lives

What You Will Achieve By Becoming No Self:

- Understanding yourself & your life experiences
- Helping other people & making a difference in people's lives
- Financial freedom
- Not wanting materialistic things or materialistic possessions
- Helping many people in what they are going through
- Living your life purpose
- Living your life mission
- Being able to have family, friendships, relationships, and children
- Living a very passionate, motivated, driven life
- Becoming selfless & making a massive difference in others
- Overcoming your problems & life experiences
- Becoming free to be your true self & help many people

The main thing about 'No Self' is that you become selfless and make a difference in people, but it doesn't mean you wouldn't go through any life problems or difficulties. Suffering is part of knowing yourself as a person, and sometimes when you suffer real hard, the experiences will motivate you to want to help other people, give back and make a difference.

Chapter 2: Helping Other People

The main focus of this book is all about helping other people and giving back. Helping other people has to become one of the most critical vocations and career paths to choose in your life because **there are people who need your help**.

If you choose to help other people and give back, you will be making a difference in people's lives.

No Self – Selflessness – Helping Other People

To help many people, first, you need to become selfless and look after yourself.

If you focus your career and vocation on helping people and giving back, you will achieve many rewards.

Helping other people is what I call 'Selfless Service.'

The more people you help, the more significant your difference is to others.

You have to become very passionate, motivated, and driven to help other people and give back.

But it would be best if you also desired to help other people and give back. If you don't

desire to help other people, you will never do it.

Most people will never help other people or give back because they don't have the desire and dreams to make a difference in others.

'No Self' is a life of contributions to others.

NO SELF – SELFLESSNESS – HELPING OTHER PEOPLE

There are three levels to helping others and giving back, which I will explain now…

The Three Levels of Helping Other People:

- Business – (Highest Level) Helping Other People In Your Businesses
- Career – (Great Level) Helping Other People Within Your Career & Vocation
- Volunteering (Good Level) – Helping Other People as a volunteer

You can choose any of the three levels to help people or do all three levels in helping other people, but the main thing is you got to support and contribute to people's lives.

Helping other people is not just a job. It is a vocation and career path you choose for others and yourself.

If you selflessly help other people and make a difference, you will be able to help many people.

Helping other people is about understanding and helping people with their problems and

difficulties. Many people in the world today need help in their lives, and you have got to be one of the sorts of people who can help other people and make a difference.

If you can solve people's problems and help them with what they need, you will make a difference, which is the most fulfilling thing to do in life.

Helping other people and giving back make you fulfilled, happy, joyful!

If you want to make a difference and contribution to others, then make sure, dear reader, you do this:

Help Hundreds, Thousands, Millions, and Billions of People Everywhere!

Helping other people get more fulfilling by the more people you help and support.

'No Self' means that you become selfless and help other people.

Chapter 3: Devote Your Whole Life To Helping Other People

When you discover the ‘No Self’ and have chosen to help other people and give back, the best thing you can do for yourself is devote your whole life to helping other people and making a difference in people’s lives.

Devoting your whole life to helping other people is a spiritual transformation life experience that has many rewards, achievements, and accomplishments.

You will have to be completely selfless and not think about yourself (No Self) when helping others and giving back.

Devoting your whole life to helping other people is everything and more, and it is one of the most important choices and decisions you will ever make in your life.

I want to share a story of how I devoted my whole life to helping other people so you can understand, dear reader, how important it is.

Christopher Liam Rose’s Story

After I lost my home and all of my possessions in a fire in September 2014, I became homeless and suffered from some mental health problems of schizophrenia, psychosis, and depression. I slept on the

streets of West London in an area called Marble Arch with no money, clothes, food, drinks, possessions or any money.

So what changed my life, and how did I discover the ‘No Self’ and become selfless? When I got sectioned in the hospital due to mental health conditions, I met two people who helped me, Paul Dorrington (Lead Employment Specialist) and Karen Meechan (Clinical Psychologist). After meeting and working with Paul and Karen to recover from my mental health conditions and homelessness, I made the most significant best choice of my life to help other people and give back.

Paul got me my first ever job in the mental health industry as a Co-facilitator running a hearing voices group in a charity called ‘Mind’. That was a fantastic opportunity where I was able, for the first time, to help other people and give back. I fell in love with the work of helping other people and made a conscious decision to devote my whole life to helping others and making contributions.

From that one job, my career in the mental health industry started, and I kept helping other people and giving back. The more people I helped, the more selfless I became. Then it got to a point in my mental health career where I discovered the “No Self” and decided to become completely selfless and devote my time to helping other people.

Discovering the ‘No Self’ changed my whole life and direction entirely, but it all started when I became homeless with nothing in my

life. I have said in my previous books that if Paul Dorrington and Karen Meechan didn't help me the way they did, then I would not have been able to discover helping other people or even work in the mental health industry. That is my story and how I have officially been helping other people for eight years and devoted all my whole life to selflessly assisting other people and becoming no self.

'No Self' means you become selfless ultimately and devote your life to selflessness. This is where True fulfilment and personal satisfaction will come into your life.

The most inspirational thing about devoting yourself to helping other people is that you don't need any money to make the ultimate difference in others.

The value you provide to others by devoting your whole life to helping others will make you entirely successful, prosperous, and wealthy. It is not because you have been working hard or trying to earn money in your life. It is because you have devoted your life to helping other people and making a difference.

Since I have been helping other people and giving back, I can say with the ultimate confidence and honesty that I have never struggled for financial money or anything that I want. It always comes to me in my life just because I am helping other people and giving back.

'No Self' – is a devotion to helping other people and making a difference.

‘No Self’ – Selflessly Helping Other People – Making a Difference

I will now write what you would do when you devote your whole life to helping other people and giving back...

What You Need To Do Once You Have Devoted Your Whole Life To Helping Other People & Giving Back

- Help other people every day (continuously)
- Create books to help other people
- Create audiobooks to help other people
- Create a podcast to help other people
- Create YouTube videos every day helping other people
- Work in a career & vocation which enable you to help other people & give back
- Be passionate, be motivated, be driven to help other people
- Devoted yourself entirely to the work of helping other people
- Selflessly helping other people
- Being completely selfless
- Being humble
- Have a dream & desire to want to help other people & make a difference
- Help family & friends
- Become ‘No Self’ & have no selfish motive
- Live your life purpose & life mission
- Help hundreds, thousands, millions, and billions of people

Please, dear reader, if you want to help other people and give back, devote your life to your work and please help as many people as you can.

NO SELF –
Selflessness

(DEVOTE YOUR WHOLE LIFE TO HELPING OTHER PEOPLE)

GIVING BACK, MAKING A DIFFERENCE, MAKING A CONTRIBUTION, & MAKING AN IMPACT

Chapter 4: Freedom From The Self

The ‘No Self’ is getting to a point in your life when you are free from yourself and *the known*. You become the person you need to be in your life and are free from all of your life problems and things you have experienced.

Freedom is the hardest thing to achieve in life, but once you become the ‘No Self,’ they will ultimately free you.

‘No Self’ equals to Spiritual Self Transformation!

Spiritual self-transformation is everything in helping other people and giving back. You must become a completely different person to help other people and free yourself from yourself to make a difference and impact others.

Giving to others is the way to free yourself from yourself and truly live a life of ‘No Self’.

‘No Self’ is a spiritual awakening of your consciousness, and you will become enlightened and spiritual awakened!

I hope this book has helped you, dear reader, to understand the ‘No Self & Becoming Selfless’.

Thank you for reading, and I hope you can help other people and make a difference!

No Self

Selflessness

Helping Other People

Selfless Service

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Christopher Liam Rose List of Books:

- Christopher Rose Life Story
- Be What You Want To Be
- The 15 Successful Habits
- Selfless
- Anointing
- Life Purpose
- Helping Other People
- Giving Without Receiving
- Fulfilment
- Learn
- It Is Not The Problems That Make You Who You Are, It Is The Person You Become That Make You Who You Are
- The Evangelism Ministry
- Learning Is A Part Of Living
- The Self Is The Problem
- I Don’t Want

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